

## One man...£152,000!!



Paul White in action

A 750 metre swim, 20 kilometre cycle ride followed by a 5 kilometre run in the wind and rain is how Paul White of Frogmore Property Company Limited raised £152,000 when he completed the King Sturge Property Triathlon.

Paul made it round the course in two hours and ten minutes raising the largest ever personal sponsorship for Willow. Seven colleagues from Frogmore also took part in the triathlon - Steven Pollack, Simon Casey, Stewart Rawnsley, Jacinta Kesari, Stuart Jenkin, Jo Allen and Trevor Birchmore.

Paul and Frogmore have been supporting the charity for several years, organising numerous events and raising significant funds for seriously ill young adults. In 2005 Frogmore raised a massive donation following a highly successful property dinner. More events are planned for the future - so watch this space!



Paul with his Frogmore colleagues

"I've never done anything like this before but I knew I wanted to do something that showed a personal commitment to raising money for the Willow Foundation. This was a tough challenge for me but I knew I'd get through it. I'm delighted to have boosted the charity's funds and grateful to everyone who sponsored me - it will make many more special days possible," said Paul.

Bob Wilson added, "What a great accomplishment and such a fantastic amount of sponsorship. Paul is a steadfast supporter of Willow and a huge Arsenal fan, and we're so grateful for his never ending loyalty which has enabled so many people to experience a special day."



Paul enjoys a well earned drink!